Reviving the lost art of ironing

By SHIRLEY W. WALTON
Extension Agent

Ironing is certainly less difficult and less time consuming thanks to permapress fabrics and finishes, tumble drying and steam ironing, but the art is undergoing a revival with increased use of natural fibers such as silk, cotton and linen. It can be made easier with "an ounce of prevention" techniques to discourage wrinkling in the first place.

Be sure to check carefully the garment labels you receive as gifts during the holidays. These labels need to be very carefully checked for care instructions. Many times we don't check them until after we have washed them or dry cleaned them and then it may be too late. For machine washing, use the wash water temperature with agitation and spin cycles suggested by the manufacturer. The permapress cycle of a washer, for example, helps prevent the setting of wrinkles in such items by cooling the wash water before a spin and using a low spin speed.

Dryer temperature and time are equally important. Separate light weights from heavy pieces for more even drying. Absorbent and bulky fabrics retain more moisture and take longer to dry. Don't dry too large a load at one time. Clothes need room to move freely to reduce wrinkling. The use of a permanent cycle in drying calls for a 10 minute cool down at the end of the cycle for wrinkle free results of these garments. Avoid overdrying of all wash loads. This not only tends to set wrinkles, but makes clothes feel harsh and use extra electricity.

It is very important to remove clothes from the dryer drum at the proper time, generally as soon as the machine stops. However, don't simply drop the dried laundry into the basket. Prompt attention to smoothing seams, collars and cuffs on blouses, shirts and dresses, and hanging them up helps cut down or eliminate ironing board duty. The same treatment applies to trousers. Many light wrinkles will hang out or require just a quick touch up pressing. Undergarments, play clothes and knits need only to be smoothed and folded. Flat pieces such as table cloths and napkins should also be smoothed to reduce wrinkling and make ironing easier. Ironables may be removed from the dryer damp. If ironing is to be done later, they can be stored in a plastic bag. Items like corduroys, quilted fabrics and knits retain their shape better if removed from the dryer before they are completely dry and while they still have a trace of moisture in them.

With the use of a steam iron and a ventilated ironing table that permits the steam to move through the clothing, dampening and hard ironing are things of the past, especially if overdrying is avoided.

Homemakers, if you have a homemaking question or problem, you may call 352-8244 or write us at P. O. Box 488, Appomattox, Va. 24522.

Have a good week and happy 1981!

SPECIAL ANNOUNCEMENT: Don't forget to tune in Metro, Channel 13, WSET, at 10:30 a.m. on Friday, January 2, 1981. The 10 wool participants from Appomattox County will be guests on Metro.

RECIPE OF THE WEEK
Mrs. Babcock's Creamed Cabbage Casserole

NOTE: This will be a delicious change from all of the traditional holiday food.

Cut medium fine 1 fresh green cabbage (2 to 2½ pounds). Boil cabbage in salted water (1 teaspoon salt to 1 quart water) for about 15 minutes or until tender. Do not cook until the cabbage is soft.

Drain well and put ½ cabbage into baking dish. Add a layer of white sauce, then another layer of cabbage and white sauce.

Top with 1 ½ to 2 cups buttered bread crumbs which have been slightly browned and crumbled finely. This casserole can be refrigerated until ready for serving, then it can be put into a 300° oven and warmed for approximately 20 minutes or until hot.

The white sauce is as follows:

2 cups milk
4 tablespoons flour
1 stick butter or margarine
½ teaspoon salt
½ teaspoon pepper

Melt butter in saucepan, add salt, pepper and flour. Mix well. Add milk and stir until thickened, and smooth.

The delicious creamed cabbage casserole is a favorite of Mrs. Annie Laurie Babcock's. All of us know of Mrs. Babcock's excellent reputation as a great cook. Many thanks to her for sharing this delicious casserole with us.

Good News for Homemakers

Galilee sets meet

All officers and members are asked to attend the annual Gillilee church meeting this Saturday evening, Jan. 3, 1981 at 7 p.m. The program of work for the New Year will be presented.

We are happy to report that the holiday was observed in a very quiet manner. The cold icy weather caused many local churches to postphone Sunday services.

Many local young people were home for the holiday season. The following visited their relatives: James Bond in Inson, Norfolk State; Willis Fleshman and Gwen Turner, Ferrum College; Marzetta Hodnett and Andrew Kelso, VPI; Penney Elliott, Nadine Fleshman, Selliva Booker and Wanda Forest of CVCC.

Larry Kelso of the USA is visiting his parents.

The general public is invited to worship at the Galilee Baptist Church this First Sunday morning at 11 a.m.

Messers Daniel and McKinley Torrence visited relatives and friends during the holiday season.

Rev. James Gafford and daughter of New York spent the week end here with his mother, Mrs. Mattie Gafford and family.

Buckingham gets $250

The Buckingham Volunteer Rescue Squad is one of the 16 volunteer units which will receive a grant from the state Rescue Squad Assistance Fund, according to State Health Commissioner Dr. James B. Kenley.

The Buckingham squad will receive a $250 grant for M.A.S.T. trousers, according to Kenley.

Rescue Squad Assistance Fund grants will total $246,592 across the state this year, according to Kenley. The fund was established in 1978 by the Virginia General Assembly to provide financial aid to rescue squads and other emergency medical services agencies that operate on a non-profit basis solely for the benefit of the general public.

Recommendations for grant recipients are made by the state's Emergency Medical Service Advisory Council to the state Health Commissioner who makes the final decision. In this grant cycle, there were 116 applicants requesting more than $1.3 million.

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Home of the Week
Kitchen-Dining Area are Combined in Separate Area
Attractive Ranch House Features Large Central Activity Room
FEATURE HOMES
© By W. D. FARMER
The size of the activity room in this three bedroom ranch house creates a very open feeling since the room extends the width of the house. False beams and a fireplace highlight the room. There is also a private rear access to the wood deck.
A folding door entrance leads to the dining area from the activity room and the well equipped kitchen features all the latest appliances in addition to the wall cabinets and pantry space.
A laundry is adjacent to the kitchen. It also includes wall cabinets and features entrances to both the wood deck and the spacious carport.
Stairs from the central hall offer access to the basement and here also is a bath and disappearing stair, the latter leading to attic storage space.
Two similar sized bedrooms feature ample closet space and have plenty of usable wall area. Both bedrooms are convenient to the bath across the hall. The master bedroom includes a bath with a shower. Closet space is good here too.
The exterior is enhanced by gable porch entrance, brick construction and shuttered windows.
The plan is Number 567B. It includes 1,529 square feet of heated area. Front wall changes for B front pictured are shown on actual working drawings. All W. D. Farmer plans include special construction details for energy efficiency and are guaranteed to meet FHA and VA requirements. For further information write W. D. Farmer, P.O. Box 49463, Atlanta, Ga. 30359.
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UDC holds meet

By MARGARET LEE

The Appomattox Chapter of the United Daughters of the Confederacy featured a traditional Christmas program during their annual Christmas dinner meeting at Maudes Restaurant Thursday, Dec. 18 at 6:30 p.m.

Mrs. Lucille Ferrell, chapter historian, introduced the guest speaker for the occasion, Mr. Mervyn W. Williamson, professor in English at Lynchburg College, a graduate of Appomattox High School.

Mr. Williamson received his B. A. degree from Lynchburg College, his Masters and Ph.D. degree from University of Texas.

Mr. Williamson spoke to the 29 members and guests on the origin and customs and different symbols of Christmas which we have adopted and observe in our own celebration here in America.

Mrs. Hazel Lee Martin, chapter president, presided at the meeting.

Pledges to the United States Flag was led by Mrs. Margaret Lee.

Salutes to the Virginia Flag was led by Mrs. Harriett Cunningham, and salutes to the Confederate Flag led by Mrs. Elaine Moore.

Mrs. Martin read the Ritual and led in the Confederate Prayer.

Mrs. Otho Martin, Jr. returned thanks for the evening meal.

On January 15 at 12:00 noon plan to attend the Lee, Jackson, Maury luncheon to be held at Maudes Restaurant.

The meeting concluded with the group singing, Bless Be The Tide.

Luncheon Officials

AT THE ANNUAL Christmas dinner meeting at Maude's Restaurant were (left to right) Mrs. Rachel Lawson, hostess; Mr. Mervyn Williamson, guest speaker; and Mrs. Williamson.

Oakville News

Mary Jane Burcher has returned to The Medical Care Center after spending a few days in the home of Mr. and Mrs. Garland Burcher and Jimmy.

Mr. and Mrs. Michael Burcher, Jeffrey and Jamie Chenault and Mary Jane Burcher were dinner guest of Mr. and Mrs. Garland Burcher and Jimmy on Christmas Eve.

Dinner guest Christmas Day of Mr. and Mrs. Beryl Covington were Louis Moore, Eva and Curtis Moore, Ora Glover, Mr. and Mrs. Clarence Weston and Janet of Red Oak, Va., Stacey Moore, Mr. and Mrs. Mark Covington, Mrs. Jesse Campbell, Teresa and Todd, Mr. and Mrs. Murrell Jordan, Karen and Katherine, Donnie Collins, Richard Findlay and Mr. and Mrs. Garland Burcher and Jimmy. Le Moore, Mr. and Mrs. Michael Burcher visited in the p.m.

Louis Walker Moore is a patient in Lynchburg General Hospital. Mrs. Estelle Moore is also a patient there.

Mrs. Agnes Wilkerson returned home Saturday after being a patient at Lynchburg General Hospital.

Mr. and Mrs. Ryland Hunter of Crewe are visiting Mrs. Louis Walker Moore, Le and Stacey.

Mr. and Mrs. Beryl Covington and Marjorie Mae Louis Moore, Eva and Curtis were dinner guest Saturday of Mr. and Mrs. Garland Burcher and Jimmy.

Mrs. Garland Burcher recently visited Mrs. Alise Drinkard, Mrs. Overton Moore and Mrs. Clarence Moore.

Jeffrey Chenault celebrated his sixth birthday Sunday at the home of Mr. and Mrs. Garland Burcher.

Hollywood News

By MARY BAGBY

Be holy now in everything you do, just as the Lord is holy, who invited you to be his child. (1 Peter 1:15, Tlb).

Rev. Menser delivered a beautiful message Dec. 21 at Hollywood.

He and Mrs. Menser and Mike spent the Christmas holidays with their sons and families in Hampton.

A large crowd attended the Christmas candlelight service held Friday night, Dec. 19. It was most enjoyed. Special thanks to the program committee, the refreshment committee, Rev. Menser, Mrs. Shirley Franklin, and all the little folks on the program and to all those who helped in any way to make this possible and to all those who came out to enjoy this occassion with us at Hollywood.

Special thanks to Rev. D. W. Gibson and his staff of young people of New Chapel Baptist Church. They presented a puppet musical entitled an "Old Fashioned Christmas." Which was enjoyed so much by everyone. If you weren't there you really missed a treat.

Mr. Sam Carwile and Mrs. Quida Persinger are patients in the Lynchburg General Hospitals. Our prayers for a very speedy recovery ahr wished both of them.

Second Lt. Tye Beasley and Mrs. Beasley of Wilichia Falls, Texas visited his parents, Mr. and Mrs. Grover Beasley Jr. during the holidays.

Mrs. Claude Hamlett and Mr. Grover Beasley, Jr. visited their mother, Mrs. Virgie Beasley during the week end.

Miss Sandra Bryant of Amherst was a week end guest of Lisa Woodall and family.

Dinner guest of Mr. and Mrs. Bill Watson and family Sunday night were Mr. and Mrs. Willie Watson, Mrs. Ora Glover, Mr. and Mrs. Larry Justis and son, Jason, Mr. and Mrs. Kenneth Deaner, Delorious Anne, Kenneth Stuart and Dawn Deaner, Mr. and Mrs. W. H. Wingfield and Julia Wingfield.

Dinner guest Wednesday evening of Mrs. Madeline Inge were Mr. and Mrs. Frank Inge and family and Mr. and Mrs. Sammie Inge.

Mr. and Mrs. James Woodall were dinner guest Wednesday evening of Mr. and Mrs. Twyman Baldwin and Mr. H. W. Jenkins. They ate Christmas breakfast with their son, Mr. Jackie Woodall and family and were luncheon guest of Mr. and Mrs. Howard Townsend and dinner guest of Mrs. Woodall's mother, Mrs. Cora Norwood Thursday.

Mr. H. W. Jenkins spent Christmas Day with Mr. and Mrs. Bob Jenkins and family.

Mrs. Lefern Lindsay, Phyliss Tweedy and daughter, Jennifer were dinner guest Christmas Day of Mr. Mae Slough and family.

Mr. and Mrs. Alfred Almond had all their children and grandchildren home Christmas Day.

Mr. and Mrs. Thomas Woodall and Lisa spent Christmas in Covington with Mrs. Woodall's parents, Mr. and Mrs. Clarence Coffey and family.

Mr. and Mrs. Ryland Mayberry and Mrs. Ioan Rawles Mayberry of Newport News were guest of Mr. and Mrs. Kenneth Deaner and family and Mr. and Mrs. Roy St. John Christmas Eve night and Christmas Day. Mrs. Ioan Mayberry remained for a visit in the Deaner home.

Mr. and Mrs. Fred Clabo of Knoxville, Tenn. were guest of their families in Cumberland, Farmville and Mr. and Mrs. Andy Davis and Robin for the Christmas holidays.

Dinner guest Sunday of Mr. and Mrs. Willie Craft and family were Mr. and Mrs. Monroe Webb, Mr. and Mrs. Lawrence Woodson and Mr. and Mrs. L. L. Webb and Miss Joyce Webb.

Mrs. Lucy Woodson Ferguson died Thursday night at the Va. Baptist Hospital. Prayers and sympathy are extended her family and love ones.

Dinner guest Christmas night of Mr. and Mrs. W. H. Wingfield and family were Mrs. Ioan Mayberry, Mr. and Mrs. Kenneth Deaner and family, Mrs. Madeline Inge, Mrs. Mary Bagby and Mr. and Mrs. Bill Watson and family.

Mrs. Shirley Carson spent Wednesday night with Mr. and Mrs. Buddy Carson and family.

Christmas guest of Mr. and Mrs. L. H. Watson Sr. were Mr. and Mrs. Phil Chambers of West Haven, Conn. and Mr. Gene Wolfe of N. C.

Dinner guest Christmas Day of Mr. and Mrs. L. L. Webb and family were Mr. and Mrs. Lawrence Woodson, Mr. and Mrs. Monroe Webb, Miss Gladys Morris and Mr. Bruce Morris, Mr. and Mrs. L. L. Webb and Joyce visited Mr. and Mrs. Howard Gilbert Thursday evening.

Mr. Walker Webb, Mr. Richard Webb and Mr. and Mrs. David Repass and Sherri had Mr. and Mrs. Bill Repass and Mr. Greg Pugh as their dinner guest Christmas Day.

Dinner guest Christmas Eve night of Mrs. Mary W. H. Wingfied, Miss Julia Wingfield, Mr. and Mrs. Bill Watson, William and April Watson, Mr. and Mrs. Thomas Woodall and Lisa, Mrs. M. L. Covington was a luncheon guest of Mrs. Bagby Christmas Day.

Mr. and Mrs. Elliott Torrence had all their children and grandchildren with them for Christmas Day.

Mr. and Mrs. Charles Harunkrat of Richmond spent Sunday with Mrs. M. L. Covington.

Among those calling in the Bagby home during the week were Mr. James Woodall, Mrs. David Austin and Janet, Mrs. Raymond Franklin and Pam, Mr. and Mrs. Andy Davis and Robin, Miss Dawn Deaner, Mrs. David Repass, Miss Darlene Slough, Mr. R. G. Austin, Mrs. Madeline Inge and Mrs. Shirley Carson.

We were sorry to hear Mrs. Whit Woodall of Lynchburg fell last week at her home. She suffered bruises and soreness but no bones were broken. We wish for her a very speedy recovery.

Visiting Mr. and Mrs. Robert Coleman during the holidays were Mr. Alfred Almond, Mr. Hop Ferguson, Mr. Hugh Mitchell and daughter, Donna, Mrs. James Conner, Mrs. Vickie Godsey, Mr. and Mrs. Calvin Smith and Mr. Bobby Smith. We wish Mr. and Mrs. Coleman both happy birthdays. Mr. Coleman will be 86 on the 27th of Dec. and Mrs. Coleman will be 83 the 2nd of Jan. 1981. May they have many more.

Dinner guest Christmas Eve of Mr. and Mrs. Marshall Goin and family were Mr. and Mrs. Monroe Webb, Mr. and Mrs. Willie Craft and Kristie, Mr. and Mrs. Jim Webb and family, Mr. and Mrs. Allen Webb of Richmond and Mr. and Mrs. Todd Craft.

Best wishes for a healthy, happy and prosperous New Year 1981 to each and everyone.

Rocks News

By CASSIE BALDWIN

Dec. 29 It was a beautiful Christmas Day here but very cold.

Many are having their family gatherings during the holidays.

A speedy recovery is wished Jennifer Roach who was sick recently.

Mr. and Mrs. Ed Richie left Christmas Day to visit their son at Woodbridge for a few days.

Sorry to hear Mrs. Whit Woodall (Dorothy) of Lynchburg had a fall on the ice last week. No bones were broken. Hope she has a speedy recovery.

Rev. John Campbell of Lovingston was at Pamplin on the afternoon of Dec. 21 for the Fulcher and Price wedding.

Congratulations to the Pamplin Rufitan Club who have the following from here installed as officers for 1981 at a meeting recently. They were: Bill Caldwell, president; Aulden Roach, vice president; and Joe Almond, Director.

The Blood Quota for the county fell down considable on Dec. 22. Only 158 pints reached. 17 deferred.

Mr. and Mrs. Toney Cerque of Lynchburg will spend a few days in Penn. with his parents during the Christmas holidays. They left Christmas Day.

Mr. and Mrs. Barry Elder, Adrian and Jodi Carol called to see her parents, Mr. and Mrs. Glenn McIntosh, awhile on Christmas Day.

Congratulations to Mr. and Mrs. R. W. Covington Sr. who celebrated their 50th wedding anniversary on December 24 at their home from 2 to 4 p.m.

Mr. and Mrs. Graydon Maxwell of Pamplin were made grandparents again of another grandson born to Mr. and Mrs. Tom Maxwell on November 20. Thomas Christopher was his name. 6 pounds and 7 ounces.

Mrs. Carrie Richardson had all her children and grandchildren for dinner on Christmas Day.

Mr. and Mrs. R. E. Roach had a number of their children with them for dinner on Christmas Day.

The Friendship Circle will meet with Ruby Almond on January 6 at 1:30 p.m.

The Club will have their January meeting with Florence Ranson on January 8 at 7:30 p.m.

Mr. Calvin Tolley of Florida arrived last week to spend sometime with his mother, Mrs. Margaret Tolley of Pamplin.

Mr. Bill Sherrod, Editor of the **Times-Virginian**, and his staff celebrated their 1st year of work on Saturday, Dec. 27. Time rolls around so quick now.

Rev. Winfred Elder did not preach at Central Baptist Church on Sunday because of sickness. Hope he has a speedy recovery.

Mrs. Gillette Elder is on the sick list also.

Sheila Martin has the flu.

Paul and Bob Martin spent the week end with their grandparents, Mr. and Mrs. Raymond Hamlin.

Hope all the sick will be out soon.

The first snow came Saturday night. Not much, but was quite icy on Sunday. Many church services were cancelled.

Mrs. Flora Dickerson and Christine were dinner guest on Christmas Day with the former's son, Samuel and family.

The mid-week prayer services will not be held this week at Rocks.

St. Luke News

Old man winter was pushing out very cold weather. Yet on Sunday, Dec. 21 at 11:00 p.m. a good crowd of members and friends attended the 3rd Sunday preaching services. The pastor, Rev. J. E. McLaughlin was in charge and taught the Adult Class. Then went into the services for the day. Text John 3:16 Subject He Looked Beyond My Faults and Saw My Needs. This was a good Christmas message and well taken by the listeners. The First St. Luke Gospel Chorus gave the music, same was inspiring. The offering was good.

After the close of the services, the Christmas tree program was enjoyed. The church, under the direction of the pastor has given gifts of fruit to shut-in, ill, lonely, aged and widowed ones of the community. This was done and over 180 packages were handed out.

The spirit of the season is far reaching. Mrs. Louise Canada and her group, Mrs. Stella Hurtt, Mrs. Virginia Hurtt, Mrs. Venessa Mason, Mrs. Louise Blankenship, Mrs. Esther Bradley, Mrs. Evatna Prophett, Mrs. Eva Payne, Mrs. Chasity Younger and Van Driver, Mrs. Bosyln Burnette were invited and attended a Christmas luncheon at the Lynchburg Home and Hospital Dec. 17 12:00 noon, honoring the entire volunteer service they have rendered through the year at the hospital. This was much enjoyed. The dishes were amazingly beautiful.

Mr. S. G. James Hunter and wife are guest in the home of his mother, Sadie Scott for the holidays.

The First St. Luke Gospel Chorus was engaged in a musical concert at the Hat Creek Baptist Church Sunday at 6:00 p.m.

Mr. Bolin Jones is a patient in the hospital

Many out of town relatives and riends are expected to be home for Christmas.

To the **Times-Virginian** may each of you have a very good Christmas and a successful New Year so that the paper can keep coming. We enjoy it so much and would certainly miss it if it were not there.

Jordan

In spite of the bad weather, a very impressive congregation was present at our regular 4th Sunday worship service. Rev. Elliott preached a very timely and inspiring message.

On the 1st Sunday in January at 3 p.m. Miss. Margaret Smith of the 5th Street Baptist Church will be doing a solo concert. This program is for the benefit of the Sunday School ad the public is invited to attend.

We wish to each and every one a very Happy New Year.

Pamplin News

Sympathy is extended to the family of Mrs. Mary Lou Rogers.

Mr. and Mrs. William C. Dudley had as their dinner guest Tuesday her brother and sister-in-law, Mr. and Mrs. James Ligon, Raleigh, N. C., Mr. and Mrs. Leslie Ligon, III, Wilmington, N.C., Mr. J. G. Ligon and Mrs. Dick Matas of San Franciscco, California.

Mrs. Martha Savitz of Roanoke spent the weekend with her parents, Mr. and Mrs. Woodrow Williams.

Mrs. Roy Lucado returned last week after a visit with her sister and brother-in-law Mr. and Mrs. Gordon Squires, Lake of the Woods, Fredericksburg.

Mr. and Mrs. James Gregory, II, Columbia, Md., were the weekend guest of his aunt and uncle, Mr. and Mrs. Gilmer Young.

Dick Baldwin of Richmond spent Saturday with is parents, Mr. and Mrs. Roy Lucado.

Mr. and Mrs. Harold Southern, Norfolk, arrived Tuesday to spend Christmas with her sister, Mrs. C. V. Wingfield.

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Small Ring (12G)	$93.64	$63.00
Thin Ring (3G)	$31.88	$24.16

WE BUY WEDDING BANDS	18K	14K
Giant Size (15G)	$155.40	$116.80
Extra Large (12G)	$124.52	$93.64
Large Ring (9G)	$93.24	$62.68
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